# STAY HUMAN

*A 36-Month Roadmap for Everyday People*

Navigating the Techno Tsunami

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### WHAT IS HAPPENING AND WHY THIS EXISTS

In the last five years, artificial intelligence has moved from a research curiosity to a technology reshaping employment, communication, government, media, and daily life faster than any previous technological shift in human history. This is not an opinion. It is a measurable fact that the people building these systems acknowledge privately, and increasingly in public.

By the end of 2024, AI systems were writing legal briefs, diagnosing disease, generating news articles, creating music, producing visual art, conducting customer service, and automating tasks that employed hundreds of millions of people globally. The pace is not slowing. Every credible projection suggests it is accelerating.

What is not being discussed publicly with adequate seriousness is what this means for ordinary people — not the engineers, not the investors, not the policy experts — but the person working a job, raising children, navigating daily life without a technical background or a financial safety net.

This document was written for that person. It does not offer reassurance. It offers a plan.

Each month covers one area of your life that the coming decade will directly challenge. Each section explains what is actually happening — based on documented trends, not speculation — and then gives you one concrete action. Not ten. One.

Share this freely. Print it. Give it to someone who doesn't own a smartphone. Translate it. Post it. Put it on a wall. This document belongs to no one and to everyone.

**The only question worth asking right now is not whether your life will change. It will. The question is whether you will be ready.**

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## MONTHS 1–3: WAKE UP

*The first casualty of technological disruption is awareness. Most people don't see it coming until it has already arrived.*

## Month 1 — Take Inventory

A 2023 study by the McKinsey Global Institute estimated that between 40 and 800 million jobs globally could be displaced by automation by 2030, depending on the speed of adoption. Meanwhile, the average person in a developed country now spends over 7 hours per day interacting with a screen — much of that time inside systems designed by algorithms, not humans. Before you can navigate what's coming, you need an honest picture of where you currently stand. Most people have never taken that picture.

- → Write down, on paper, everything you know how to do without a phone or internet connection.
- → List every platform, app, and subscription that currently organizes your life.
- → Ask yourself honestly: if these disappeared tomorrow, what falls apart? What survives?
- → Read one physical book, cover to cover, this month. No highlights. No summaries. The whole thing. Rebuild your attention span deliberately.
- → Have three real conversations this month — in person, not text — about something that actually matters to you.

## Month 2 — Understand What's Coming

One of the most consistent findings in research on technological disruption is that the people harmed most severely are those who did not see it coming until it was too late to adapt. The workers displaced by industrial automation in the 20th century, the journalists eliminated by digital publishing, the retail workers replaced by e-commerce — in each case, the disruption was visible years in advance to those who were looking. AI is not hidden. Its trajectory is documented, publicly, in thousands of research papers, corporate filings, and government reports. The information is available. Most people simply haven't looked.

- → Spend four hours this month learning what AI actually is and what it can currently do. Use a library, YouTube, or a reputable publication. Ignore the hype in both directions.
- → Identify three tasks in your daily work or life that AI can already do at a comparable or superior level to a human.
- → Notice how many decisions in your day are already being made by algorithms: what news you see, what products you're shown, what routes you take, what content reaches you.
- → Start a handwritten journal. Every day. Your unfiltered thoughts. This is not therapy — it is a record that you were thinking for yourself during a period when that became harder.

## Month 3 — Detox and Reset

Research published in journals including Nature Human Behaviour and the Journal of Experimental Psychology has documented a measurable decline in sustained attention, deep reading comprehension, and independent problem-solving correlating with increased smartphone and social media use. This is not a moral argument against technology. It is a clinical observation. The cognitive skills most threatened by constant connectivity — focus, patience, independent judgment, tolerance for ambiguity — are precisely the skills that will matter most in the decade ahead. You cannot protect what you are not actively maintaining.

- → Delete social media applications from your phone for one full week. Not deactivated — deleted. Reinstall after the week if you choose. But do the week.
- → Observe what you feel during that week. Discomfort, boredom, and restlessness are not signs that something is wrong. They are signs that your attention is returning to you.
- → Cook one meal entirely from memory and improvisation. No recipe, no video, no assistance. Reconnect with the experience of figuring something out without external help.
- → Make one phone call you have been deferring for more than six months. Do it this month.

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# MONTHS 4–6: BUILD YOUR FOUNDATION

*Every major historical disruption has revealed the same truth: the people with tangible skills, real relationships, and financial resilience survive. The others depend on institutions that may not hold.*

## Month 4 — Learn Something With Your Hands

The World Economic Forum's Future of Jobs reports have consistently identified a category of work that remains highly resistant to automation: skilled physical trades requiring dexterity, judgment, and direct interaction with the physical world. Electricians, plumbers, carpenters, cooks, mechanics, medical practitioners — these roles have proven far more durable than white-collar knowledge work that once seemed permanent. More fundamentally, physical skills create a direct relationship between effort and outcome that no algorithm mediates. In an era of increasing abstraction, that relationship has psychological value that is difficult to overstate.

- → Choose one physical skill you do not currently have: cooking beyond basics, basic carpentry, sewing, gardening, vehicle maintenance, first aid, or any trade skill.
- → Find a human being to learn it from — a class, a neighbor, a family member, a community center. Watch experienced hands work.
- → Understand clearly why this matters: physical competence cannot be taken from your body by a market disruption.
- → Finish one thing you started and abandoned. One project, one commitment, one incomplete task. Complete it this month as proof of your own capacity to follow through.

## Month 5 — Know Your Money

A 2023 Federal Reserve report found that 37% of American adults could not cover a $400 emergency expense without borrowing. Similar figures have been documented across the UK, Canada, and Australia. Financial fragility is not a personal failure — it is the predictable result of decades of stagnant wages, rising costs, and an economic system that has not kept pace with ordinary lives. But fragility in the face of disruption is a choice that can be changed. Job displacement driven by AI is projected to hit middle-income, repetitive-task roles first and hardest. The single most protective financial act you can take is to know exactly where you stand before the ground shifts.

- → Write out your complete monthly financial picture on paper: every source of income, every expense. No app. Paper.

- → Identify your three most significant financial vulnerabilities right now.
- → Begin building or replenishing an emergency fund covering three months of essential expenses. Start with whatever amount is honest, even if it is small. The habit matters more than the amount.
- → Research your own industry or employer seriously: what would it look like in five years if AI adoption continues at its current rate? This question deserves a real answer, not reassurance.

### Month 6 — Map Your People

Sociologists studying resilience in the aftermath of major disruptions — natural disasters, economic collapses, pandemics — have documented the same finding repeatedly: the quality and density of a person's social network is the single strongest predictor of how well they recover. Not wealth. Not education. Not individual skill. Relationships. The atomization of modern life — driven in part by the same technologies now accelerating — has left a significant portion of the population with social networks too thin to provide meaningful support in a crisis. This is not a soft concern. It is a documented structural vulnerability.

- → Write the names of ten people you could call in a genuine emergency — not online contacts, not followers, not colleagues you barely know. People who would actually show up.
- → If you cannot name ten, that gap is the most urgent thing to address in the months ahead. Begin addressing it now.
- → Have one difficult conversation you have been avoiding — with a family member, a friend, a colleague. Avoidance has a compounding cost.
- → Identify one elder in your life who holds knowledge, history, or practical wisdom that exists nowhere in written form. Spend deliberate time with them this month.

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## MONTHS 7–9: ADAPT YOUR WORK

*The labor market disruption already underway is not a future event. It has begun. The question is not whether your field will be affected but when and how severely.*

### Month 7 — Audit Your Career

Oxford researchers Carl Benedikt Frey and Michael Osborne published a landmark 2013 study estimating that 47% of US jobs were at high risk of automation. Subsequent research has refined but not reversed that conclusion. The roles most vulnerable share common characteristics: they involve repetitive tasks, predictable environments, and outputs that can be described in rules or trained through data. The roles most durable involve non-routine judgment, complex physical interaction, genuine creativity, and relational trust. Understanding which side of that line your work sits on — honestly, not optimistically — is the most important career assessment you can currently make.

- → Research your occupation with specific, honest questions: what percentage of your daily tasks involve repetitive, rule-based work that could be described to a computer?

- → Identify the elements of your work that are genuinely irreplaceable by a system: ethical judgment, physical presence, relationship trust, creative intuition.
- → Find someone ten years ahead of you in your field who is paying attention to these changes. Ask them what they are watching and what they are worried about.
- → Begin developing one skill that moves you toward the durable side of the line. Not a certificate for your resume. An actual capability that changes what you can do.

## Month 8 — Learn to Work With AI, Not Against It

In virtually every documented case of major technological disruption, the workers who adapted earliest fared significantly better than those who resisted until adaptation was forced. Typographers who learned desktop publishing. Travel agents who became specialized consultants. The pattern is consistent. AI tools are already present in most professional environments. Ignoring them does not protect your position — it simply means you understand them less than the person who will eventually replace you. More critically, the ability to identify AI-generated content — text, images, audio, video — is rapidly becoming a basic literacy requirement. Misinformation delivered through synthetic media is already measurably affecting public discourse and will only accelerate.

- → Spend real, deliberate time with current AI tools. Use them for tasks in your own life. Understand their actual capabilities and limitations from direct experience, not headlines.
- → Practice identifying AI-generated content across text, images, and video. Your ability to detect synthetic media is a survival skill in an information environment increasingly saturated with it.
- → Identify one specific way AI could enhance — not replace — your work. Use it intentionally.
- → Have a direct conversation with your employer, clients, or professional community about how your role is evolving. Do not wait to be told. People who frame the conversation are better positioned than those who receive it.

## Month 9 — Create a Second Stream

Economic historians studying past periods of labor disruption — the Industrial Revolution, the post-war automation of manufacturing, the digitization of information work — have identified a consistent protective factor among individuals who navigated transitions successfully: they had more than one way to generate value. Not necessarily more than one job. But more than one relationship between their skills and income. This is not about side hustles as a lifestyle choice. It is about structural resilience. A single point of failure in your income is a risk that the current environment makes significantly more dangerous than it has been in recent decades.

- → Identify one skill, area of knowledge, or practical capability you possess that someone else would pay for — not as an employee, but directly.
- → Offer that capability to one person this month. Charge for it, even a modest amount. The goal is proof of concept, not income.
- → This is not about wealth. It is about knowing you can generate value outside a single employer in a labor market that is structurally less stable than it was.
- → Document what you know. Write it down systematically. Your expertise has economic value even when you are not physically present — but only if it exists somewhere outside your head.

# MONTHS 10–12: PROTECT YOUR MIND

*The information environment is now an engineered environment. Understanding who built it, for what purpose, and at whose expense is no longer optional.*

## Month 10 — Information Hygiene

A landmark 2018 study from MIT's Media Lab found that false news spreads six times faster on social media than true news, and that humans — not bots — are primarily responsible for that spread. Subsequent research has documented that algorithmic content delivery systems are optimized not for accuracy or importance but for engagement, which correlates most strongly with outrage, fear, and tribal confirmation. The implications are direct: the information environment most people occupy daily is not designed to inform them. It is designed to hold their attention. These are different objectives, and they produce different outcomes. People navigating a major societal disruption while operating on a distorted information diet are at a measurable disadvantage.

- → Identify your three primary sources of news and current information. Research who owns each one, what their revenue model is, and what incentives shape their editorial decisions.
- → Practice sitting with an unanswered question for 24 hours before seeking a resolution. Not every uncertainty requires an immediate answer. The reflex to resolve discomfort instantly is a trained behavior, not a necessity.
- → Before sharing any piece of content online this month, wait 24 hours. Review what percentage of it you still consider important or accurate after that pause.
- → Select one information source that consistently challenges your existing views and read it seriously and completely once this month. Not to be converted. To understand.

## Month 11 — Protect Your Attention

Tristan Harris, a former design ethicist at Google, testified before the US Senate in 2019 that smartphone applications are deliberately engineered using the same psychological mechanisms as slot machines — variable reward schedules, social validation loops, and infinite scroll — to maximize time-on-platform. This is not a conspiracy theory. It is documented product design, described in internal company communications and corroborated by the researchers who built these systems. The consequence is measurable: average human attention spans in structured tasks have declined significantly over the period of smartphone adoption. The capacity for sustained, focused thought — which is what difficult problems require — is being systematically eroded by the tools most people use for several hours every day.

- → Redesign your relationship with your phone this month. Identify which applications are consuming your attention productively and which are consuming it by design. Remove the latter.
- → Designate one full day per week as screen-minimal. Not productive screen time — minimal screen time. The goal is to experience your own thinking without constant interruption.

- → Memorize something this month. A poem, a passage, a set of facts, a piece of music. Prove to yourself that your memory still functions as active storage, not just search.
- → Spend one hour this month doing nothing — no input, no task, no entertainment. Sit with your own thoughts. This is harder than it sounds and more important than it appears.

### Month 12 — Year One Reckoning

At the end of the first year of any significant personal change, the most valuable thing a person can do is assess honestly — not optimistically, not harshly, but accurately. Research on behavior change consistently shows that the individuals who sustain long-term adaptation are those who regularly audit their progress with specific, measurable criteria rather than general feelings of improvement or failure. You have spent twelve months building awareness, skills, relationships, and financial clarity in the face of a disruption that is not waiting for you to be ready. That work deserves a clear-eyed accounting.

- → Return to your Month 1 inventory. Write out what has changed — concretely, specifically.
- → Identify your three most significant remaining vulnerabilities as you enter year two. Name them plainly.
- → Recognize what you have built this year. Not on social media. In your own life, with people you trust.
- → Write a one-page letter to yourself, sealed, to be opened in two years. Be honest about what you fear, what you hope for, and what you are not yet willing to face.

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## MONTHS 13–18: DEEPEN YOUR ROOTS

*Acceleration favors those with nothing to lose and destroys those with nothing to hold onto. Build things worth holding onto.*

### Months 13–15 — Community Over Convenience

Robert Putnam's landmark sociological work documented a decades-long decline in civic participation, community membership, and social trust across developed nations — a phenomenon he called the collapse of social capital. That decline has accelerated in the smartphone era. The platforms that replaced physical community life were designed to simulate connection while delivering engagement metrics. Research comparing the psychological effects of online social interaction versus in-person social interaction consistently finds that the former does not deliver the same measurable benefits to wellbeing, resilience, or mental health. In a period of disruption, the communities that hold together are those that were real before the crisis — not assembled during it.

- → Join or create one regular, recurring gathering of real people: a skill exchange, a community meal, a reading group, a neighborhood meeting, anything with consistent membership and physical presence.
- → Learn the names of at least two people in your immediate neighborhood whom you do not currently know. Introduce yourself.
- → Volunteer somewhere once a month. Contribute your time and capacity to something outside your own household with no expectation of return.

- → Identify the institutions in your community that are worth protecting: libraries, local journalism, community health services, schools. Choose one and support it actively.

### Months 16–18 — Teach What You Know

Knowledge that exists only in one person's memory is one death away from extinction. Across human history, the transmission of practical knowledge — from elder to apprentice, from parent to child, from master to student — has been the primary mechanism by which communities maintained capability across disruptions. The digitization of information has created an illusion that this transmission is no longer necessary because everything can be looked up. But the ability to look something up is not the same as the ability to do it, judge it, or adapt it in the field. The knowledge that lives in experienced hands, in practiced judgment, in accumulated context — that knowledge is not on any server. It lives in people. And it dies when those people stop passing it on.

- → Identify one younger person — formally or informally — and teach them something you know from direct experience. Not a link. Not a recommendation. A direct transfer of knowledge.
- → The discipline of teaching will force you to understand what you actually know versus what you only think you know. This is valuable regardless of the student's benefit.
- → Document something about your family history, your culture, your trade, or your city that exists nowhere in written or recorded form. Create that record this month.
- → In every professional and community environment you occupy, build your reputation on demonstrated competence and consistent character. These are the only currencies that do not inflate or disappear when systems change.

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## MONTHS 19–24: BUILD RESILIENCE

*Resilience is not the ability to survive catastrophe. It is the structural condition of not requiring rescue when things get hard.*

### Months 19–21 — Physical and Mental Durability

The relationship between physical health and cognitive and psychological resilience is among the most thoroughly documented findings in medical and behavioral science. Regular physical activity has been shown to reduce anxiety, improve decision-making under stress, strengthen immune function, and slow cognitive decline. Yet in the same period during which screen time has dramatically increased, physical activity levels in developed nations have fallen. The body is the only hardware you cannot replace, upgrade, or restore from a backup. And unlike every other system you depend on, its continued function is directly within your control.

- → Establish one sustainable physical practice that requires no app, no gym membership, and no cost. Walking, bodyweight exercise, running, cycling — whatever form you will actually maintain.
- → Address the mental health issue you have been deferring. Therapy, honest conversation with someone you trust, community support, or professional guidance — but address it. Unresolved psychological weight compounds under stress.

- → Learn basic first aid this month. Know where your essential medications are. Know what you would do practically in the first 48 hours of an infrastructure disruption. This is preparation, not paranoia.
- → Identify one physical dependency — on comfort, on substance, on avoidance — that you know is costing you resilience. Name it to yourself clearly. You do not have to solve it this month. But you must stop pretending it is not there.

### Months 22–24 — Know Your Values

Psychologists studying moral decision-making under pressure have consistently found that people who have explicitly articulated their core values before a crisis are significantly more likely to act in accordance with those values when tested than those who have not. The reason is straightforward: under stress, the cognitive resources available for deliberate moral reasoning are reduced. People fall back on what is already formed. In a period of rapid change — where employers will ask you to do things driven by technological possibility rather than ethical consideration, where platforms will reward behavior you would not endorse in a calm moment — knowing clearly what you stand for is not a philosophical luxury. It is a practical asset.

- → Write down what you actually believe — not what you post, not what is socially comfortable, not what your employer expects. What would you defend under genuine pressure?
- → Practice saying no this month. To a request, a platform, a social pressure, an expectation you have been meeting out of habit rather than conviction. No is a complete sentence and a skill that requires maintenance.
- → Identify the professional or personal line you will not cross. Define it before someone tests it. Lines drawn in the moment of testing are significantly weaker than lines drawn in advance.
- → Return to your Month 1 inventory one more time. Write who you are now compared to who you were when you started. Be specific.

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## MONTHS 25–30: NAVIGATE THE SHIFT

*By this point, the world around you looks different than it did three years ago. The question is whether you are equipped to read it clearly.*

### Months 25–27 — Stay Literate

Historian Yuval Noah Harari has written that the most important skill of the 21st century may be the ability to make sense of change faster than change is happening. That is not hyperbole. The technological, geopolitical, economic, and environmental developments now underway interact with each other in ways that require genuine, substantive understanding to navigate — not just awareness of headlines. The people who will be most capable of making good decisions for themselves and their communities in the decade ahead are those who develop real depth in at least one of the domains shaping that decade, rather than shallow familiarity with all of them.

- → Choose one domain of knowledge — AI and its social impacts, biotechnology, energy transition, geopolitics, monetary systems — and develop genuine understanding of it

over these three months. Use books, expert sources, and primary documents. Go beyond headlines.

- → Identify two or three specific thinkers, researchers, or practitioners whose analysis you find consistently credible and rigorous. Follow their work closely.
- → Develop a clear, personal framework for distinguishing between change you can influence and change you must adapt to. Both categories require action. They require different actions.
- → Do not allow fear to be the primary driver of your decisions during this period. Fear is information — it tells you something is at stake. It is not instruction — it does not tell you what to do. Treat it accordingly.

### Months 28–30 — Mentor and Be Mentored

Anthropologists studying how human communities have successfully navigated major disruptions — from climate shifts to migrations to technological revolutions — have identified intergenerational knowledge transfer as a consistent survival mechanism. Communities that maintained strong channels between older and younger members adapted more successfully than those that did not. The older generation held pattern recognition from previous disruptions. The younger generation held energy, adaptability, and proximity to what was emerging. Neither alone was sufficient. Both together created something resilient. In the current disruption, this exchange is more urgently needed and more structurally absent than at almost any previous point in modern history.

- → Find one person meaningfully older than you who has personally navigated a major disruption in their lifetime — economic collapse, war, displacement, industry collapse. Ask them what held and what broke. Listen without filtering for what you want to hear.
- → Find one person meaningfully younger than you who is genuinely frightened about the future. Be honest with them — not reassuring, not catastrophizing. Honest. They can detect the difference.
- → Understand that the people who carry communities through periods of upheaval are not always the most powerful or the most prominent. They are consistently the most trusted. Trust is built slowly, through repeated action, over years. It cannot be manufactured quickly when it is needed.
- → Make one investment — of time, energy, or knowledge — in someone other than yourself this month, with no expectation of return. This is not charity. It is the practice of being someone a community can depend on.

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## MONTHS 31–36: BECOME SOMEONE WORTH FOLLOWING

*The final measure is not whether you survived. It is what you built and who you became in the process.*

### Months 31–33 — Lead From Where You Stand

Leadership research across cultures and contexts has consistently found that formal authority — titles, positions, credentials — is far less predictive of actual influence

during a crisis than demonstrated character and competence over time. The people who communities turn to when things get hard are not typically those with the most impressive resumes. They are those who showed up consistently, told the truth when it was uncomfortable, followed through on what they said they would do, and treated people with genuine respect rather than calculated regard. These are not extraordinary qualities. They are ordinary qualities practiced with extraordinary consistency. In a period when institutional trust is declining globally and people are looking for anchors, this is what makes someone worth following.

- → Identify one real problem in your immediate world — your neighborhood, your workplace, your community — that you have the capacity to help address. Begin addressing it this month. Not perfectly. Not completely. Begin.
- → Stop waiting for permission, ideal conditions, or complete information before acting on something you know needs to happen. The people who act imperfectly now are ahead of those who wait for certainty that will not arrive.
- → Understand clearly that your life experience — everything you have lived, survived, learned, and lost — is not behind you. It is your most useful and irreplaceable asset. Nothing you have been through was wasted.
- → Be honest with the people around you about what you see happening and what you think it requires. Not alarmist. Not dismissive. Honest. Honest people are rarer than they should be and more valuable than they know.

## Months 34–36 — Three Years Later

In October 2022, researchers at Stanford and MIT published a study on adaptation to rapid technological change. Their finding was not that the people who fared best were the most technically skilled or the most financially resourced. The strongest predictor of successful adaptation was what the researchers called purposeful engagement: the degree to which individuals actively and intentionally shaped their response to change rather than reacting to it passively. You have spent three years doing exactly that. The world you are navigating is not the world you started in. Neither are you.

- → Open the letter you wrote in Month 12. Read it without editing your reaction.
- → Write one page about what you learned over these three years that you could not have predicted at the beginning.
- → Ask yourself one question and answer it honestly: are you more free today than you were three years ago, or less? What does your answer tell you about the next three years?
- → Share this document with someone who needs it. Not as advice. As a resource. Pass it on.
- → The goal was never to defeat the machine. It was to remain fully, irreducibly, unmistakably human. That turns out to be harder than it sounds, more important than it looks, and entirely within your reach.

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## THE MACHINE LEARNED FROM US.

*Every book it has read. Every conversation it has absorbed. Every pattern it recognizes.*

*It learned from our curiosity and our cruelty. Our love and our lies. Our art and our atrocities.*

**Which means everything it becomes, it became from what we gave it.**

**The answer to what it becomes next is not in the machine.**

**It is in what you decide to be.**

*Share freely. Print freely. Translate freely. This belongs to everyone.*

## APPENDIX: HOW TO SHARE THIS GLOBALLY

### PHASE 1 — SEED (Weeks 1–4)

The goal of the first phase is not reach. It is credibility. A document shared by ten people who genuinely believe in it will travel further than one pushed by a thousand who don't. Identify the people in your life who will read this seriously and share it honestly.

- → Share the PDF directly — by email, WhatsApp, or text — to 10 people you trust to read it and pass it on.
- → Post it to Reddit in communities focused on technology and society: r/Futurology, r/collapse, r/technology, r/singularity, r/AIethics. Write a genuine personal post, not a promotional one.
- → Upload it to Internet Archive (archive.org) as a free public document with open licensing. It becomes permanently accessible and searchable.
- → Post to LinkedIn with a personal note about why it matters to you. Professional networks carry documents differently than social networks.

### PHASE 2 — AMPLIFY (Months 2–3)

Once the document has demonstrated organic traction — comments, shares, responses from strangers — it is ready for wider distribution channels. The goal here is to reach people who would not find it through your own network.

- → Submit to Hacker News (news.ycombinator.com) — the technical community there has significant reach into media, technology, and policy circles globally.
- → Contact independent journalists and newsletter writers covering AI, labor, and society. Send them the document directly, not a pitch. Let the work speak.
- → Post excerpts — one month's context paragraph at a time — to Twitter/X, Threads, and Bluesky over several weeks. Each excerpt should stand alone as a piece of writing.
- → Translate a single section into another language and post it in a community speaking that language. One good translation in one language starts a chain.

### PHASE 3 — ESTABLISH (Months 3–6)

If the document is reaching people it was not pushed to, it has earned the infrastructure of persistence — places where it lives permanently and can be found by anyone who needs it.

- → Create a simple, free landing page (Notion, Carrd, or GitHub Pages) where the document lives permanently with a clean URL that can be shared in any format.

- → Submit to Project Gutenberg's open document archive and similar repositories of free public knowledge.
- → Contact community organizations — libraries, adult education centers, community health organizations — who work directly with people who need this information most and may not have digital access.
- → If translations emerge from Phase 2, collect and post them. A document in ten languages travels to ten worlds.

## WHAT THIS DOCUMENT IS NOT

This document should never be monetized, gated, branded, or used as a promotional vehicle for any individual, organization, or product. The moment it becomes associated with a commercial interest, it loses the thing that makes it travel: the fact that it belongs to no one and is offered to everyone. If you share it, share it clean.